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May 1947

Consumers' guide



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ILLUSTRATIONS: Cover, OWI; pp. 3, 4, *Departments of Markets*; p. 6, upper left, *Federal Works Administration*, others, OWI; p. 8, PMA; p. 10, drawing, K. J. Burdette, *Forest Service*; pp. 11, 12, *Forest Service*; p. 13, *International Emergency Food Council*; p. 14, right, *Wide World Photos*, left, *UNRRA*; p. 15, *USDA*; p. 16, drawings, K. J. Burdette.

Vacation Plans For School Lunch

• The end of the school year isn't far off. When the last bell rings millions of children will whoop away into their summer vacations, hundreds of thousands of teachers will leave their school's community for the long holiday. Parent-Teacher Associations will become less active, civic organizations will turn their attention to projects other than the school.

So these last few weeks of May are an excellent time for schools having a lunch program, or schools considering starting one, to crystallize their plans for the coming year. For those that have a lunch program operating, these days are invaluable for making a survey of the past year's work. Plans for the coming year can be better made while teachers, students, sponsors, and workers can still bring their ideas and suggestions together.

Food costs can be checked against labor and miscellaneous costs to determine if any are out of line. If one is out of balance it may be that the cause can be determined quickly and measures worked out for correcting the difficulty before the next term.

Perhaps it will be found that the purchase of a potato peeler would cut down cost over a period of time. If this is so, a check should be made now on the price of the potato peeler, not forgetting to include installation costs. The most efficient place in the kitchen can be decided on so that when it is installed, during the summer, it will be located in proper reach

of drainage, water supply and power.

There may be some moving around of existing equipment that will save time and labor costs. With everyone still on duty, from cook to school superintendent, problems of cross traffic, that make for more work and less efficient work, can be ironed out by observing the difficulties while still in action.

Often a rearrangement of the equipment, which can be done during the summer, will remedy the bad situation.

Experiences of the year may have proven that many steps were wasted by those employed in the kitchen because of the bad placement of a sink or range. Alterations of this sort can be easily made during the summer.

All concerned with the project can look to see whether other items for good housekeeping are in order. Is there a place on the soiled dish table for collecting garbage? Is there space for a garbage container at the preliminary food unit? And is the flyproof place outside the kitchen for holding the garbage in good order?

It is a good thing to check the lights too while the lunch room is a going concern. Fixtures should be placed so that the areas in which work is being done are adequately lighted. Lights over serving tables can be shaded and made more effective for the display of food.

Sanitation factors too can be checked, and directions for improvements of unsanitary operations may be made by the

janitor or workman employed around the school during the summer. For example, the installation of an inexpensive hand sink will make it unnecessary for kitchen employees to use the food sink for washing their hands. Paint jobs can freshen up storage room or parts of the kitchen that have suffered through use during the past term.

And there are plans to be polished up now for the school-community canning projects in which the school and community groups work together to preserve locally grown foods for next year's school lunches. It is a good time too to decide to keep the school lunch supervisor on through the summer to help make the canning program get top results. By undertaking such a program the most nutritious and tasty fruits and vegetables can be obtained by processing them where they are grown at the peak of their perfection. Not only that, such a community endeavor widens the market for locally grown produce. The food budget should be prepared well in advance of the canning season and now be given a final review.

The budget should be based upon the estimated number of children that will be eating school lunches, the type of the lunch to be served, and the amount and variety of canned fruits and vegetables needed to supplement fresh produce through the coming school year. The plan should call for plenty of food but not over-stocking. Not enough should be put by so that canned food will be used to the exclusion of fresh foods that are also needed. A check can be made too on the sources of food—whether the produce is to be grown locally, contracted for from abundant producing areas of the State, or canned on a share basis with a State or county home which has its own farm.

The Editor

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How to feed 10 million mouths . . .

This is the daily task of New York City's crowded wholesale markets. Other towns and cities have their market facility problems too.

• New York's most exciting, late night life isn't found under the glitter of Times Square. In fact, about the time the signs of Broadway are being dimmed, this other night life really gets underway in a little area at the silent tip of lower Manhattan Island. It is only 2 blocks wide. Its one-half mile in length is bordered on the west by piers that jut out into the Hudson River. On the east are the dark towers of New York's skyscrapers.

Into its cramped streets lined by squatty, ramshackle, brick buildings the greater part of the perishable foods that will feed the New York area's 10,000,000 people, when day breaks, is brought in and distributed. It is the Washington Street Wholesale Fruit and Vegetable Market.

Here every night, by truck, by boat, and by train food pours in. Horse drawn drays, and push carts jockey their way through the trucks. Transcontinental trucks and the small ones of nearby farmers jostle the trucks of local jobbers and merchants and retailers that come to carry away the incoming loads to the retail stores.

To add to the excitement of the scene

50 percent of the produce is brought in by train and this must be ferried across the Hudson on car floats from the New Jersey side, unloaded at the piers, trucked across the cobbled highway and laid down at the market.

There's no planned reason for the use of this expensive land, and for these frantic packed-jammed little streets being the greatest focal point of intake of fruits and vegetables for New York and the surrounding areas. None of the buildings was designed for marketing. No streets were laid out to handle traffic. The market just started there and grew. Dealers took over buildings, warehouses, tenements and the like that had been erected a century ago and the institution carried on.

Yet into this ancient area nightly comes fruit and lettuce from the West Coast, citrus from Florida, early cucumbers from Louisiana, apples from up-State New York, eggs and produce from the farms of the Midwest, melons from the South, potatoes from Maine and Idaho. In fact, there are truly truck crops of all sorts

from most all the States of the Union.

The State of New York ranks first among the States in which this produce originates, California comes next, and Florida third.

These tens of thousands of carloads of fresh produce that arrive in New York City constitute nearly 12 percent of the total commercial production of fresh fruits and vegetables in the United States.

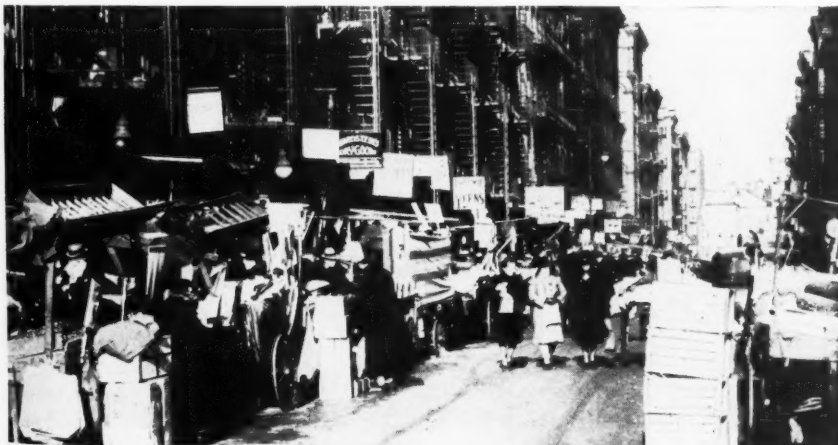
Among the commodities accounted for in these huge shipments of food, potatoes rank first with the largest number of freight carloads. Oranges were a close second, with apples, lettuce, and tomatoes following. With these leaders came 44 varieties of fresh fruits and 73 varieties of fresh vegetables.

Although there are 12 other New York City markets as well as different railroad, steamship terminals, and chain-store warehouses, more than two-thirds of the produce is handled at the old Washington Street stand.

Inefficient marketing conditions of this sort are of vital importance to the consumer, the farmer, the wholesaler, and the retailer. Old fashioned or inadequate facilities add extra labor costs and other charges to the movement of the goods. Every one loses. The consumer pays more or does not buy; the farmer sells less than he would if the extra costs were not tacked on to the selling price.

When it is considered that the total cost of distributing the fruits and vegetables after they reach New York City are almost as much as the cost of producing and transporting them to the city the importance of savings at this point is evident.

New York is not alone when it comes to having a market facility problem to solve. Marketing facilities are links in a moving chain that conveys food from the farm to the kitchen. These facilities are represented by the clapboard shelters along country railway sidings where farmers bring in their crops for sorting into loads sized right for shipment. The warehouses of canneries and processing plants in producing areas handling the fresh crops are links as well as big terminal markets. In strength these facilities range all the way from weak to inadequate.



Market facilities range all the way from great terminal markets to push carts. Push cart markets in New York are now off the street and have their own improved facilities.

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The U. S. Department of Agriculture made a survey of terminal markets in 20 cities serving metropolitan populations of totaling some 40 million people. These markets handled more than 800,000 carloads of fruits and vegetables annually. The survey showed that extensive improvements were needed in the fruit and vegetable wholesale marketing facilities in 15 of the 20 cities. Thirteen markets lacked direct railway connections. Eight cities had duplicate markets owned by the railways, 20 cities contained 64 separate markets, 11 cities were found to be handling an excessive amount of produce by hand, 11 were handicapped by excessive hauling. Traffic conditions were too congested in 15 of the cities, and two-thirds of the markets were in old poorly designed store buildings.

The job of getting more up-to-date, efficient, and less costly marketing facilities in large terminals is a big one. An out-grown, out-moded terminal is expensive for everyone from consumer to farmer and puts extra charges on the public as a whole. And, the actual work of reorganizing and reestablishing up-to-date marketing facilities is too big for any single group to undertake. The jobbers and wholesalers can't do it alone, the railroads can't do it alone, nor can the consumers and farmers. It is a public problem and responsibility.

During the war when vast quantities of food had to be moved under heavy pres-

sure of time, and when labor was scarce, the failures of our marketing setup were brought into dramatic focus. Farm trade groups, civic organizations, Chambers of Commerce, and State and city officials recognized more acutely than ever before that something must be done.

In order to meet the marketing facility problems of varied communities the Department of Agriculture, which has for years been studying marketing facilities throughout the country, brought together specialists in all facets of the work. Specialists in handling, storing, transporting, displaying, and distributing various commodities were assembled. So too were experts in designing marketing structures, planning lay-outs, and installing equipment for a truly efficient market. These experts can supply advice on and plans for construction and improvements on all kinds of markets from an adequate shelter shed on the right of way near a village railroad station, to a vast terminal market equipped for receiving trucks, trains, and ships and equipment for the warehousing and distributing of all types of commodities.

Their services are available for solving these problems from the beginning. They investigate the producing areas, the type of transportation, and the best possible site for the market. They advise on construction costs and operating costs. They figure the chances of paying off the investment in a reasonable time as estimated against the sources of income.

This consultation service provided by the Department of Agriculture lasts until the work is completed. Last year this service was requested by State and local marketing people in about 25 cities. Although the difficulty and the cost of still obtaining material for the actual construction of the improvements are holding them up, the time is being used in the refinement of the plans. In some instances it was found that buildings of old fairgrounds were suitable for conversion into marketing facilities. The use of them resulted in a saving of \$300,000. Interest too is State-wide in a number of contemplated projects. Marketing people in one State are working out plans for a State-wide system of concentration—and terminal—marketing facilities.

In still another State, farmers want a survey made of marketing facilities for fruit, vegetables, poultry, and eggs.

When the State marketing authority requested the service and city officials and farm and trade groups agreed, the Department undertook the study that has resulted in the assembly of economic information upon which a working project can be built. The site is already being considered.

And the legislature of a Southern State recently worked with the representatives of the Department of Agriculture and State officials to prepare a bill, which was passed, appropriating \$550,000 for a centrally located market, the contract for which has already been let.



A small fruit and vegetable stand in New York's Essex Street Market takes the place of push cart market facilities.



Trainloads of fruit are brought to lower Manhattan by car floats. At Erie Railroad Terminal pier, wholesalers are buying.

So your community wants a hospital

Now is a good time to try for one. The Hospital Survey and Construction Act was recently passed by Congress to help you. Here are a few pointers on how it will work, and what you can do to get started.

• Perhaps you belong in one of the thousands of communities where "If we only had a hospital . . ." is an oft-spoken wish. Or perhaps yours is a family where, "If the hospital hadn't been so far away . . ." brings bitter memory of tragedy that might have been avoided. There are thousands and thousands like you. And now something is being done about your situation.

Our country has started on the greatest hospital program ever undertaken by any nation. There's a chance that your community may get its wish at last.

The Hospital Survey and Construction Act is exactly what its name says it is: An act to find out what hospital facilities there are in this country, and to help build new ones or additions to present hospitals where they are most needed. Congress has authorized an appropriation of 375 million dollars to build hospitals and health centers during the next 5 years. Uncle Sam will put up one-third of the cost of your hospital. It's up to you to get the other two-thirds.

Of course, it isn't as simple as that sounds. It couldn't be. This is just to give you the idea. For even if the entire two-thirds to match the 375 million were raised, the total which would be one billion, 125 million dollars—would not be enough to build all the hospitals we need. So *where* will they be built? Which are to be the lucky communities?

The answer lies first of all with the State. If a State or Territory wants its citizens to share in the benefits of this National Hospital Program it will, as soon as possible, designate an official State agency to conduct the work and appoint an advisory council to assist them.

This State agency may then submit an

application for funds to the Surgeon General of the U. S. Public Health Service. If he approves it, the State is entitled to receive funds for one-third the estimated costs of its survey and planning, provided this amount falls within the State's allotment. (Allotments for the survey are made on a basis of State population.) Surveys are already completed in 34 of the 52 States and Territories and underway in practically all others.

The completed survey will show, among many other statistical and technical things, what hospitals, clinics, and health centers are in operation, where they are, and—most important to you—where they *aren't*. We know from the U. S. Public Health Service and from the Bureau of the Census that 40 percent of our 3,000 counties, representing 15 million people, have no registered hospitals. We know, too, that 4 out of every 10 counties have no full time public health centers. But now we are going to know what even the smallest community requires. The State agency is responsible for publishing the results of the survey.

Next step after completion of the survey is to draw up what is called a "master construction plan." It will be worked out in cooperation with local communities, to meet the needs shown by the survey. This plan must be published, too. Hearings will be held at which communities will have the opportunity to offer suggestions

regarding the recommendations for them.

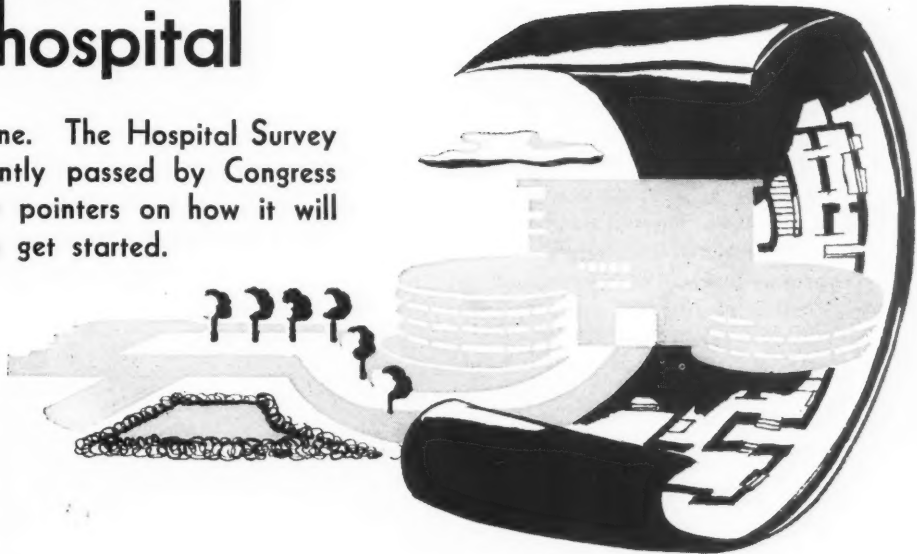
These hearings are important to you. They bring the question of whether or not your community gets a hospital to a point where you can put in your oar. Up to now things have been happening, but you couldn't get at them. Now your community can speak its piece. For if the master construction plan shows that any types of hospital or health center is recommended for an area including your community it's really up to you to mobilize for action.

What the Rural Community Can Do

You can determine what your health situation is and make recommendations on ways to improve it. This will require community organization and work on a big scale.

You must show also that you can raise two-thirds of the money for construction to match the one-third to be provided by Federal funds, and that you can support a hospital or community clinic of the type indicated for you on the construction plan.

What if you desperately want the hospital, the survey shows you need, but are forced to accept the fact that you cannot afford it? Think back to the days when the consolidated high schools were first introduced into rural communities. Every village with a one-room school couldn't have a high school. They finally saw that they had to get together.



So it will be with hospitals and community clinics. Several communities or even counties can combine to build a rural hospital at some central trade center. Or if that is out of reach, a smaller group of communities can get together to build and support a community clinic. This is the smallest unit in the plan—a sort of one-room school in the hospital program—and is planned to serve areas which could not justify a 40 to 50 bed hospital.

What if, even then, it's obvious that all of you together can't raise two-thirds of the price for the hospital you need, not to mention proving you can support it?

There's something else you can do.

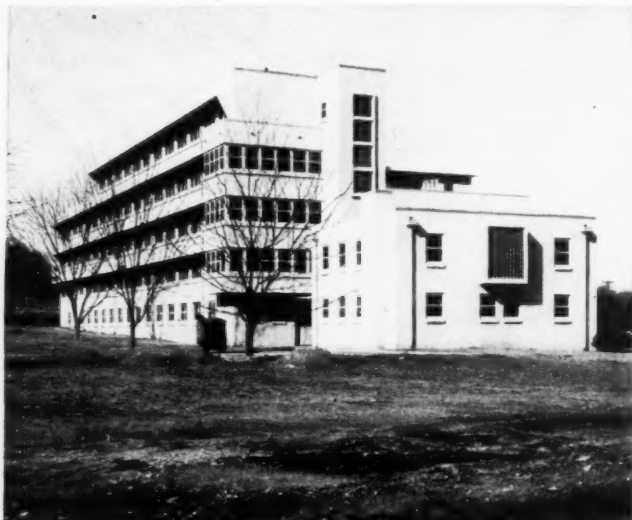
You can apply to your State legislature for State aid for construction and maintenance. Four States, New York, Mississippi, North Carolina, and California, have contributed from one-third to two-thirds of the costs to help some of their poorer and less populated counties with hospital plans.

"Rural Hospital" is the term applied to any hospital of less than 100 beds, in a non-metropolitan area. It and the community clinic are the two units which will affect rural communities most directly. In the master construction plan for a region, the

next step up is the district hospital. This will be a large hospital of 200 beds or more of the type usually called "General Hospital" and almost always located in a city.

Above the district hospital and the mainspring of the whole regional plan will be a base hospital. A base hospital is usually attached to a medical school, and has at its disposal the services of specialists in all fields. When the whole program is working, a patient might be sent from the little out-of-the-way community clinic on up to the base hospital for expert diagnosis and treatment of his case.

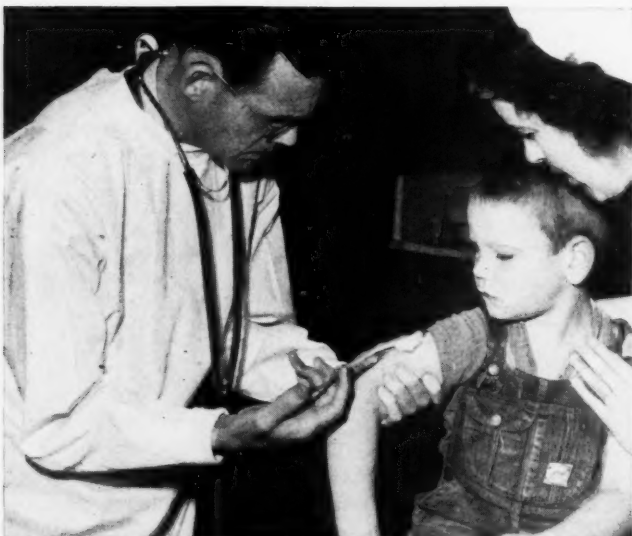
It will all be one system, with internes



Many rural and small-town communities would be happy to have a hospital like this 100-bed establishment at Sylacauga, Ala.



This X-ray clinic is operated in connection with a housing project in Chicago. Few rural groups have protection of this kind.



This brave rural citizen can take it! Anti-tick serum given at the FSA farm labor camp will make the woods safer for him.



These farm people in Arizona are lucky. They already have a hospital. Thousands of other communities are not so fortunate.

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and student nurses from the base hospital frequently getting part of their experience in the smaller hospitals and community clinics. Patients in remote sections will not be at such a loss when serious illness strikes. They will already have friends up the line who can advise and help them.

Closely connected with each of these units—community clinic, rural hospital, district hospital, and base hospital—will be a health center. Thus, for the first time in history there will be provided an opportunity to combine preventive and curative medical service and to demonstrate that the basis of any health program is preventive.

Community Will Benefit

The community where a small hospital or community clinic is located will be practically certain of having a doctor—and a good one. One of the drawbacks to rural practice has long been lack of modern facilities. If a doctor has his choice he will settle where there is a hospital within reasonable distance for his patients.

But don't forget, a doctor has many more nonhospital than hospital cases. While 1 out of every 10 persons in a community may be admitted to a hospital during a year, many times that number will call the doctor to their homes or see him at his office.

Studies made by the U. S. Public Health Service just before the war shows that areas having an average of 4.6 hospital beds per 1,000 population had approximately one doctor for every 600 persons, while areas having less than 1 bed per 1,000 population had approximately one doctor for every 1,350 persons.

What the figures do not show, but what U. S. Public Health Service knows to be true, is that not only are there fewer doctors in communities without available hospitals, but they are mostly in the older age brackets and incapable of carrying a large general practice.

About fifty thousand doctors and dentists have been released from the Army and Navy. Plans for even the smallest unit, the community clinic, should include office space for doctor and dentist.

The terms of the act do not include this. It will be for the community to decide whether or not they wish to offer this.

Farm communities have long realized that they were handicapped by lack of doctors and hospitals but except in a few instances they didn't know what to do about it. The prepayment plan tried out in more than 1,200 counties by the Farm Security Administration, now the Farmers' Home Administration, has proved successful.

The experience will help those counties to get organized to take advantage of the Hospital Survey and Construction Act. For, although ideally hospitals will go to the places that need them most, actually the communities which organize first will have the best chance. We must face the fact that many areas which need hospitals still won't get them.

After all this perhaps you will say, "It sounds fine, but what can I do?" The answer to that is the same as the answer to so many questions in rural communities, "Call your County agent, your Farmers Home Administration representative, or, if available, your county health officer."

They will know what your State agency is and how to find out about the construction plan. They might be glad to call a meeting and explain the plan. Meantime there are a few pamphlets you might get:

Measuring Your Community for a Hospital, by the American Hospital Association, 18 East Division Street, Chicago 10, Ill. Price 25 cents.

The following are free from your State agency:

Planning the Hospital To Be.
Public Health Centers.

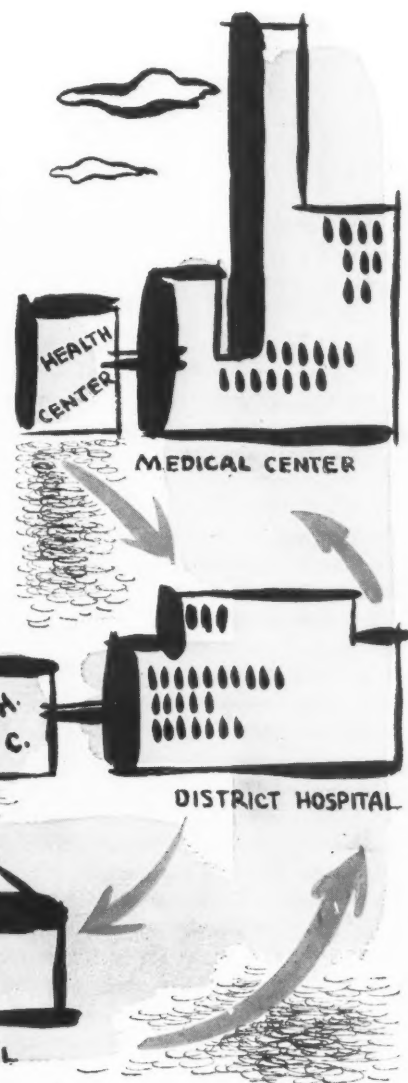
Hospitals—Coordinated Hospital Service plan.

Planning for an Integrated Service—

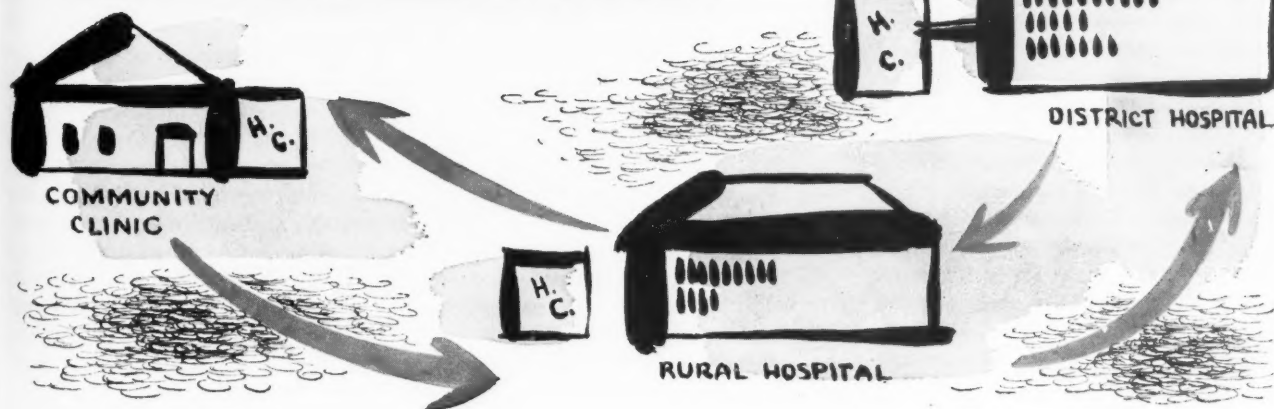
A Rural Hospital and Health Center.

The District Hospital.

Health Centers Designed for Rural Needs.



COORDINATED HOSPITAL SYSTEM



May 1947

SAVING WAYS....

To help you make the most of your food money and keep diets safe for health.

• May is a between-season time in many parts of the country. Stored supplies from last fall's crops are running out and summer's plenty has not yet arrived.

This year, with the general advance in prices of many foods, added to pre-season scant supply, budget-conscious shoppers may not find it easy to make food allowances cover all the requirements of good nutrition. To help these economy-minded housewives make the most of the food dollar here are a few tips on ways to save on the basic foods. Some of these suggestions are good standard procedures. Others are for use in food and budget emergencies.

Bread and Cereals

One way to prevent bread waste is not to overbuy. Because bread becomes too stale for many people's taste in a few days, it should be bought in small quantity. At home keep bread cool and well covered to prevent mold and drying out. The refrigerator is the best place to store a well-wrapped loaf if there is room. Otherwise keep it in a ventilated bread box in a cool place.

If, in spite of thrifty shopping, bread becomes a little too dry for the table it can be put to many uses. Thin slices, dried out and lightly browned in a slow oven, have extra flavor and may be served like the melba toast which takes the place of bread on tables in many smart restaurants and hotels. Slightly hard slices of bread also may be used for toasted cheese sandwiches and for French toast.

Use crusts and other odds and ends of bread for the supply of crumbs which every cook likes to have on hand. These crumbs may be used for coating food for frying, or topping baked dishes, stuffing vegetables and meat, or for such specials as crumb pie crust, crumb cake and crumb cookies.

Keep the jar or tin of crumbs covered and in a cool place to keep the contents dry.



It takes planning to keep a family of four properly fed on a modest food budget.

When you shop for bread and cereals remember to choose the brown whole-grain or enriched products for their extra vitamins and iron. Bread made with milk or milk served with cereals makes a high-quality protein combination.

To save money, avoid expensive ready-baked items.

Meat and Other Main Dishes

With meat prices high and food money limited ingenious homemakers will use the lessons learned in war years. Choose the cheaper grades of meat—Utility and Commercial—and learn to make one pound taste like two.

Because meat is such a flavorful food, stretch the meat savor as far as possible, and step-up appetizing flavor in other ways. Here are some flavor-saving possibilities with "a pound of meat and—"

And seasonings. Well-seasoned stuffings are excellent extenders. Garden herbs, curry powder, and Mexican spices can pep up flavor in dishes sparse in meat.

And vegetables. Two pounds of lean raw meat without bone make 5 to 6 servings of a good all-meat stew, but one pound can be combined with vegetables in any desired combination to make that many servings. To bring out the full flavor of meat in a stew, cut it into small pieces, sprinkle with salt and pepper, roll in flour and brown in fat, with or without onion. Browning the meat well before adding moisture is the flavor trick. Another way to add flavor is to brown the flour to be used for thickening the gravy, in the oven

or in a heavy skillet over low heat.

Putting a "lid" on the stew and baking it as a pie stretches the servings still farther. Make the meat pie cover of pastry, or a layer of mashed potatoes, rounds of biscuit dough, or corn-meal mush brushed with melted fat—and brown in the oven.

A little meat goes a long way also in stew scalloped with macaroni or spaghetti, stew with a border of rice potatoes or flaky rice, or between biscuits or buns as meat shortcake or a hot meat sandwich with gravy.

And cereals. A pound of ground meat makes enough hamburger steak or meat patties for 4 servings, when broiled or sauteed "straight". But the meat goes farther, and texture is often better, combined with milk and bread crumbs, oatmeal, or cereal flakes.

Use the Bones

You have been hearing a lot the last few years about saving every bit of fat from meat. But have you also considered making use of every bone? Bones left from roasts, steaks, chops, or any other cut . . . bones from chicken, the knuckle bone of veal or beef which is the traditional "soupbone," cover any of these bones with water and add vegetable trimmings to make the "soup stock" which is the foundation of more kinds of soup than you can count. Bones give the stock flavor as well as some calcium and protein, especially gelatin.

Fish may also be cheaper than meat and will give you good protein.

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For other main dishes serve dry beans—navy, kidney, lima, or soybeans—dry peas and lentils.

Grade B and grade C eggs are just as nutritious as grade A, and are usually cheaper.

Milk

When evaporated or dry milk are cheaper than fluid milk, use them at least part of the time. You can use fresh skim milk for part of the whole milk. It costs less and gives you everything whole milk does except vitamin A and fat. They are removed with the cream. So if you use skim milk, be sure you get vitamin A in green and yellow vegetables, liver, and table fats.

Dry milk (nonfat) will be available in most retail stores by May. Prepared carefully it can take the place of fresh milk in many dishes.

To prepare fluid milk with the powder, measure cold or warm water into a bowl, sprinkle the powder over the surface, and beat until the powder dissolves. Or, the milk powder and water may be shaken in a tightly closed glass jar or bottle. Do not use boiling water. The powder is likely to lump.

The liquid milk sours as does fresh milk, and may be used in the same way as other sour milk or buttermilk. Cottage cheese can be made from the clabbered sour milk.

When using dry milk in baking, you can mix the powder with other dry ingredients and use the proper amount of water for mixing. For added nourishment, use more of the dry milk or the same amount of fluid milk instead of water for mixing.

Dry milk can be added to some foods in which fluid milk is not normally used, as in meat dishes.

Sugar

We have more sugar this spring than we've had since rationing began, but still not all we'd like to have. Try these ideas to make your supply go further:

1. Stretch sugar in baked goods with honey, molasses, corn or other sirups. Honey may replace sugar cup for cup, but use half the quantity of other liquid called for in original recipe—and keep baking temperature moderate. Corn, cane or maple sirups can replace sugar measure for measure. Reduce liquid by one-third.

2. Serve sweet yeast breads, such as

cinnamon rolls, and sweet quick breads occasionally, instead of more sugar-consuming cakes and pies.

3. Use fewer or no frostings on cakes. Don't frost the sides.

4. Cook cereals with prunes, raisins, or dates, and serve without sugar.

Use molasses often instead of white sugar in cooking. Children like it and it's a cheap source of iron. Molasses adds flavor and food value to baked beans, gingerbread, puddings, and bread.

Shortening and Salad Oil

On these food, too, wartime experience is profitable for they are still in short supply, and higher in price than they were.

A good idea to have in mind when you are planning menus is, Broil or Bake whenever you can. Don't fry.

Avoid small wastes. They can cut down your supply faster than you think, the oil that runs over the side of the can or is left in the salad bowl; the cooking fat not scraped out carefully when the container is discarded, left in the frying pan, or spoiled by careless cooking or improper storage. Scrape dishes, pans, and containers of fat carefully. A rubber-tipped dish scraper of the type now selling again at kitchen supply counters is one of the best utensils for removing that last bit of fat—or any other food.

Much fat is wasted by careless cooking. Once fat has been scorched, over-heated, or allowed to become rancid, it is good for nothing but soap making. In frying, heat should always be carefully watched to prevent wasteful scorching.

Careless measurements, hit-and-miss methods, and unreliable recipes all may contribute to fat waste. A carelessly made cake that turns out an unappetizing failure, for example, is a waste not only of fat but of precious flour and sugar.

Drippings—Save Drippings Carefully

To keep its good flavor and prevent rancidity, fat should be kept cold, covered and dark. Heat especially, but also air and light hasten the chemical change that causes fat to become rancid and inedible. Kept near the stove—as is so often the case—and open to air and light, and also to dust and even insects, fat soon becomes unfit to eat.

The jar or can in which left-over fat and drippings are saved should be given a permanent location in the refrigerator

and should always be covered. In these days when fat is one of the more precious foods, no good-flavored, left-over fat should be allowed to become rancid because of careless keeping.

Vegetables

If you live where locally grown vegetables come to market in May, your problem for this part of your diet is not hard. Choose those in best supply, because they are usually cheapest. Carrots are nearly always good bargains, and can be used raw or cooked.

Learn to use the leafy tops of young beets and turnips. These, like kale, spinach, mustard, and collards, are cheap sources of vitamin A. They contain other vitamins and iron, too.

In many parts of the country May is too early for local vegetables. Those you see in the market at that time are shipped in from the South and West. It's hard to resist these fresh green favorites. But if your budget says NO, you can take comfort in your stock of home-canned foods or in the good supply and lower price of commercially canned vegetables. All canned vegetables, except tomatoes, should be easily available this May. Remembering how we missed them during the war years, it should be no hardship to concentrate on them for awhile.

Fruit

Fruit, too, will be shipped in from the South and West to markets in other parts of the country. If your budget says wait till plentiful supplies bring lower prices you can be happy that you still have some of your own handiwork to fall back on or that there is more commercially canned fruit for you to choose from than we've had since 1941.

Canned fruit is a sugar saver. It's a dessert that doesn't call for the sugar bowl. You can save part of the syrup to sweeten sauces and iced drinks. Canned grapefruit juice, orange juice, blends of the two, as well as tomato juice are in record supply. They provide an inexpensive way to get the daily vitamin C you need in your diet.

Material in this article is based on publications of the Bureau of Human Nutrition and Home Economics and the Office of Information, U. S. Department of Agriculture.



Look out for forest fires

Well-meaning but careless people are responsible for nearly 90 percent of the annual \$30,000,000 loss caused by forest fires. Here's how not to start them.

Such carelessness comes high too! During recent years about 200,000 forest fires have occurred annually, sweeping over some 31,000,000 acres of land each year. Value of the forest products lost through fire averages \$30,000,000 or more annually—and that's not taking into account damage done to our watersheds and farmlands when moisture-holding, soil-holding forest cover is swept away by fire.

Fire loss would have been higher too, but for quick and effective fire-fighting measures taken to put out fires in our National Forests and in other wooded areas protected by organized fire protection systems. Statistics of fire loss are a convincing argument for systematic fire protection:

During 1945, forest fires swept 12 percent of the unprotected woodlands in the United States, as compared to less than 1 percent of the land under organized protection.

Striking testimonial to the practicality of fire prevention and control work is the marked decrease in forest fire losses which has come with the growing public awareness of the importance of taking effective measures to combat forest fires. By 1945 the area burned by forest, woods, and range fires during the year was cut to about half its prewar annual average.

Still the loss is far greater than we can afford. Last year enough timber to build 200,000 five-room homes went up in smoke! Forest fires destroyed enough wood to make over 5,000,000 tons of newsprint and 90 million railroad ties.

These losses have been suffered in face of the fact that there's a critical and growing timber shortage. We are annually using up 18.6 billion more board feet of saw timber than is being produced by young trees growing up to take the place of those cut or damaged by fire, insects or decay.

Depletion of our timber resources would not only wipe out whole industries which depend directly on wood products but would also have a disastrous effect on farming and on navigation on our inland waterways by loosing floods now held back by a protective cover of woodland.

Loss of our forests would upset our whole industrial economy and would hit every consumer and worker. Wood is a prime material in the manufacture of a myriad of items which are a part of our daily existence: The newspapers and magazines we read; the houses we live in; and so on. A large sector of the population works in industries in which wood is essential. So our forests are essential not alone to a few individuals or industries but to job security of everyone and to your national prosperity and well-being as well.

While fire prevention and control is only one phase of the fight to save our forests, it's an important one. Also it's a fight that no professional fire-fighting force (even one far bigger than we now have on any of our forest areas) could win without help from you and you and you.

The best time to stop a fire is before it starts, as any veteran forest ranger will tell you. That's where you come in.

• So you're planning a trek to the woods?

Then don't forget your canteen, your grub and mayhap your chigger ointment. But most important, don't forget to remember all the fire-prevention rules. And if you don't know your forest fire prevention rules backwards and forwards, Mister or Missus, you've no business going camping or picnicking or even hiking or driving in the woods.

The hard fact is that the large majority of forest fires are started by plain, ordinary, well-intentioned citizens. Not by lightning. Or by spontaneous combustion. Or by maniacal incendiaries. But rather by pleasant people like you or me or our nice neighbors who wouldn't harm anybody for the world.

Ninety percent of all forest fires are man caused—and the great majority of these result from carelessness and negligence, according to the U. S. Forest Service.

So keenly do the agencies concerned with preventing forest fires feel, that the campaign slogan adopted this year by the Advertising Council, Inc., in their behalf is:

Remember, only you can PREVENT FOREST FIRES!

Because there are so many ways in which destructive fires can be thoughtlessly started, the U. S. Forest Service, the State forest services, and the other agencies co-operating in the fire prevention campaign have spelled out the particular fire hazards which well-intentioned but bungling individuals of different groups may stumble over—if they don't watch out.

Campers, for example, are warned to be constantly on the alert against the campfire hazard. Rule one is to observe State fire laws. If a permit is necessary, get one from a ranger or fire warden before building a fire. Then clear a circle at least 5 feet in diameter by scraping away all inflammable material. Dig a hole in the center of this cleared space; build your fire in this hole, and keep the fire small.

Before leaving your campfire, stir the coals while soaking them with water. Turn any unburned sticks and drench both sides. Soak the ground around the fire. Be sure the last spark is dead.

Here's the word to smokers from the fire prevention experts: Stop to smoke, after picking a safe place that's cleared of dry or inflammable materials. Observe "no smoking" rules in areas that have been closed to smoking because of high fire hazards. Break your match in two after you blow it out. Hold the burned ends till they are cold. Crush out your cigarette stub, cigar stub, or pipe ashes. Be sure they are also "cold". Then as an added precaution, put the remains of your smoke in the ashtray of your car—or, if you're afoot, bury them.

Not all forest fires are caused by tourists or greenhorns. Not by a long sight.

Every year, destructive fires are started by farmers and ranchers who recklessly set out to clear their cropland by burning without taking proper precautions.

This is special advice to farmers and ranchers from forest fire authorities: Never burn brush, weeds, or trash without first finding out the score. First get a permit from a ranger or fire warden, if State laws require it. Don't light the torch without first scraping a trail or plowing around the

area to be burned so as to make a fire break. Have plenty of tools and help for the job. Never start a fire during hot or dry or windy weather. In many instances, it's better not to start a fire at all, anyhow, for much valuable soil-making material goes up into smoke when land is cleared by burning. Where feasible, it's usually better to turn the plant rubbish back into the soil than to burn it.

Fire Fighting

Once a forest fire has started, prompt action by properly trained, properly supervised fire fighters is all-important. Delay or inadequate control measure may mean the difference between a little fire and one

that costs thousands or hundred of thousands of dollars.

That is why we need an organized and scientific system such as we have in our National Forests, or on non-Federal land under a cooperative system with the Forest Service aiding State authorities and private owners.

Speedy detection of fires is the number one requirement for an efficient fire protection system. As an aid to detecting the smallest blaze, the Forest Service has established lookout posts throughout our National Forests. Where the country is mountainous, these lookouts are posted on high peaks that overlook the surrounding country. In level country, towers sometimes up to 100 feet in height are built for this purpose. These should be carefully located so that there will be no "blind spots" which observers cannot watch from their lookout posts.

Trained fire watchers are on duty at all times of danger in these lookouts. In addition to good eyesight, fire watchers need to have an accurate knowledge of the terrain they are observing. They must be able to recognize the first signs of fire and to estimate its intensity and the speed and direction in which it is traveling.

Watchers have equipment to help them plot the direction of the fire on a map of the territory. They relay this information by phone to a fire boss at area headquarters of the Forest Service. By plotting the direction of the fire from two observation posts, the fire boss can accurately calculate the position of the blaze and dispatch fire fighters and fire-fighting tools to the spot.

When the trouble is in the midst of a roadless wilderness, getting fire-fighters and fire-fighting equipment there quickly isn't so simple. That's when the Forest Service smoke jumpers come to the rescue—arriving in the nick of time by plane and parachute.

When the Buck Rogerish idea of parachuting fire fighters to wilderness spots was first tried out, a safe technique for dropping men into rough and wooded terrain had to be developed. For this purpose special suits were designed for the fire fighters to bale out in. It was decided that the well-dressed smoke jumper should wear a football helmet and a steel wire mask, a padded suit, a steel-ribbed leather corset and ankle braces which are fastened over his heavy boots.

This costume is calculated to protect the



He's using a back-pack pump to fight fire.



Planes rush smoke jumpers to forest fires in inaccessible spots. Propelled by a 10-mile wind, this fire is spreading destruction.



smoke jumper if he lands on a rough spot or a tree top. To get himself down from the tree tops, the smoke jumper carries a rope in one pocket. In another he carries a small two-way radio set that packs into a 3x3x11-inch box. This radio enables the smoke jumper to report the situation to headquarters as soon as he reaches the ground and to ask for some additional help and equipment if he needs them flown to him. A simple parachute arrangement for dropping supplies works so well that even eggs for the forester's breakfast can be dropped from the clouds without breaking.

Before the first jump was taken, a small group of 16 fire fighters who volunteered for the job were trained by a professional parachutist. First, a 180-pound dummy was dropped into the mountain wilderness by way of a test and finally one of the smoke-jumper trainees bailed out. He landed okay.

An intensive course of training jumps was slated to be next on the agenda. But about this time a series of bad lightning storms started an epidemic of fires in the

area—and so the trainees went immediately to work on a real fire-fighting job.

Results were successful. By the end of 1940, parachutist fire crews had put out more than a dozen lightning fires in inaccessible territory, in the Northern Rockies. In a single day, four parachutists controlled two fires in the Bitterroot National Forest, Mont., at a cost of only \$320. This was \$20,000 less than it cost to put out a previous fire that occurred under similar conditions in the same territory—but which got out of control while the ground forces were slowly making their way to it.

Tricks learned by smoke jumpers about bailing out in wooded and mountainous country came in handy in training paratroopers during the war. In fact, the armed forces borrowed many of the techniques used at the Forest Service school for smoke jumpers at Missoula, Mont. Equipment developed for use in fire fighting was also adapted for military purposes. Small, portable two-way radio sets designed to enable fire-fighters in isolated areas to keep in touch with their fire bosses were forerunners of the now famil-

iar walkie-talkie, for instance.

Romantic and important as smoke jumpers with their air-ferried equipment are in fighting forest fires in wilderness areas, ground crews and equipment transported by trucks are still the backbone of the fire-fighting system.

Good roads are an invaluable asset in fighting fires, so the Forest Service is interested in developing good road systems into forest areas where this is practicable. Some wilderness areas in the high mountains will always be roadless, however, and others probably will never have adequate roads because the expense is too great to justify them economically. That's where the smoke jumpers come in.

How to be a smoke jumper? Novices need not apply, since the jobs usually go to veteran fire fighters who are familiar with the terrain in which they will jump.

But don't let that stop you. Everybody is elected for a big job combatting forest fires. As the slogan of the 1947 forest fire prevention campaign says,

Remember, only *you* can PREVENT FOREST FIRES.

PREVENT FOREST FIRES!



Crush out your cigarette

PREVENT FOREST FIRES!



Use the ash tray

PREVENT FOREST FIRES!



Be sure your match is out

PREVENT FOREST FIRES!



Put your pipe ashes in bare earth

FOOD for PEACE

● "My chauffeur doesn't want to be paid in money. German marks don't mean a thing to him. But he likes his job because I can manage to forage at least two fairly good meals a day for him," an American newspaper correspondent in Germany, not ordinarily accustomed to chauffeur service, reports. "If I paid him in marks, 300 marks a month is the maximum he could get. But rather than the 300 marks he would take, any day, a pound of coffee. He and his friends could drink some of it and he could sell the rest for 2 or 3 hundred marks."

A returning American government worker backs up the correspondent with, "My maid and nurse-maid don't care about money. They prefer food and bits of cast off clothing."

All observers agree that the daily existence of the people in the British and American occupied area, for young and old, sick and well, is one through which they move, hopeless and preoccupied with their own innermost thoughts—thoughts of food.

And in these stories of the indifference toward money as a medium of exchange, and the preferred reliance upon obtaining commodities that can be traded for other commodities, is a dramatization of the economic chaos that has engulfed the British and American zones of Germany. This break-down of trade among individuals is but the specific pay-off of the greater break-down of the whole structure of production and distribution of commodities.

It is against this background of disintegrated German areas that the President's Economic Mission to Germany and Austria headed by Herbert Hoover made its observations and report of German agriculture and food requirements.

In stern language and stark figures this report sketches out the complete exhaustion of Germany's reserve stocks of all kinds of consumer goods from food to clothing to housing materials. It tells of the equal depletion of raw materials out of which to make them. These reserves have gone into the project of the war against us. They have been carried away as reparations. They have been exhausted by final grabs of people for a bare living.



Without these reserves of consumer goods and raw materials from which to create them there can be no adequate production of new goods. It's a vicious downward spiral. The hungrier the people get, the less they are able to work, the fewer consumer goods they have, the less they are able to obtain shelter or heat or coal. Twenty-five percent of the people of the city of Berlin are housed in rubble caves or what have you.

The normal population of the urban areas has been increased by the flood of dispossessed persons. The average space, the Commission reports, among tens of millions of people is three and four people to a 12 x 12 room.

Food supplies and distribution in other countries of western Europe has improved over last year to the point that they are much better off than Germany. Nevertheless the slow recovery of these countries can be speeded up by a swifter rehabilitation of Germany.

An increase in Germany's coal production would help rebuild, not only Germany but their neighbors. A step-up in the production of nitrogen in the British and American occupied areas of Germany and Austria would have a favorable effect upon agriculture and commercial development of the regions of western Europe that look to Germany for this commodity.

Germany, along with other countries of western Europe, was hit by the most severe winter in many decades. The snow

and cold played havoc with the broken-down transportation. One train of grain loaded at Hamburg with the destination Berlin, was halted 17 times until 17 different engines, each one failing in turn, were needed to get food to the capital. Such is the state of power and rolling stock of railways in Germany.

These kind of railways cannot carry coal to industrial plants that are staggering to their feet. There are two reasons for this. One, the coal production of the Ruhr, though increased during the last year, is only 50 percent of normal. There can be no revival of industry or transportation without coal. This coal cannot be produced without food. The mines now lack skilled men and men physically fit to dig out the coal. They can't be physically fit without food or without some semblance of warmth at home.

So does the vicious circle of people unable to produce because of lack of food, clothing, and shelter go on so that each day the lack of food, clothing, and shelter becomes more acute because the people cannot produce.

This downward spiral that is affecting the British and American zones of occupation so violently is also the chief cause of the hunger, the lack of agricultural and industrial production, normal transportation and disruption of the economic system of western Europe.

The coal, steel, and the skills, located in

the German areas have been the basic raw materials of production, trade, and distribution for a great part of Europe.

Food is the immediate key to unlocking the door to production in western Europe. Imported food is the only food that can supply that key.

Estimates of next year's harvest are not available to western Europe. Twenty-five percent of the German's prewar food production came from Poland and areas now occupied by the Russians. Due to lack of seeds, fertilizer, equipment and skilled labor agricultural production was cut about 65 percent last year. Mr. Hoover's report states that the 1946 crop in the American occupied zone, "Yielded a supply beyond the needs of the farmers (self-suppliers) equal to about 1,100 calories per day for the non-self suppliers. A similar supply in the British zone was about 900 calories per day average to the non-self suppliers. These amounts contrast with 3,000 calories of the prewar normal German consumption."

The committee computing the food needs on the basis of a census taken last autumn deals in cold figures with the needs of the various segments of the 41,685,000 people living in the British and American zones.

Of these, 7,640,000 are self-suppliers. These are the farmers and their families. They are in good condition. Prospective and nursing mothers and children under 6 years of age are able to obtain special priorities and supplementary food that ap-

pears to be enough to list them as in good condition.

But from these groups on, the trend goes sharply down. There are 4,495,000 children between the ages of 6 and 15 years and 2,100,000 adolescents between 15 and 20 years of age. Over half of these, especially those with low incomes "are in a deplorable condition." Some of them are helped out in limited localities where some school feeding is underway. "But outside these limits," the report states, "stunted growth and delayed development is widespread. In some areas famine edema (actual starvation) is appearing in the children." Studies made of people between the ages of 9 and 16 reveal them to be 5.5 pounds under minimum standard weight. The girls were 5.1 pounds below. Even worse signs of prolonged hunger were brought out in still other groups studied.

People from 20 years of age up were classed in the census as normal consumers. There are 17,910,000 of them. This largest segment of the population are in "deplorable condition." These normal consumers are made up of those who do light physical work. The majority of them because of the depleted manpower, are women, many of them aged. Although some of these are able to add to their 1,550 calorie ration by getting food from the black market and from free markets when fresh vegetables are in season, and from packages sent them from relief agencies or friends and relatives abroad. Another part of

this group are too poor to even buy the 1,550 calorie ration which would be theirs if they had the money.

A large part of those, almost 18 million people, show loss of weight, vitality and curtailment in their ability to work. In the British zone a study reveals that the men are over 19 pounds under their normal weight and the women 5 pounds under their regular weight. The American zone is about the same where they were 5 to 20 pounds under proper weight. The city of Hamburg alone reports 10,000 cases of actual starvation. While the death toll among the aged in both zones in people over 70 showed an increase of 40 percent in 3 months last autumn.

The moderately hard workers of whom there are 2,500,000; heavy workers, 1,910,000 of them; and 720,000 extra heavy workers receive supplements to their rations adequate to keep them going. But human nature enters into the distribution of these extras. These workers are universally inclined to share this extra food with their wives and children. When the workers do this they cut their own energy below the point where they can produce well.

The dependence of the economic system upon food, and the dependence of normal and regular supply of food upon the economic system is dramatically set out in Europe today. Help must come if the downward spiral is to be turned onto the upgrade.



Over half of the 6,595,000 German children and adolescents in the combined zones are in deplorable condition.



In Greece some relief was supplied in the form of cows with calf. German farm production low. Farmers eat better than urbanites.

Consumers' guide

Close up on the News . . .



Science Bakes Better Apple Pies

Apple pies "like mother used to make" will soon be on the pie counter of the store—to the benefit of both pie eaters and apple growers. Through research on firming apple slices done by two State experiment stations and the U. S. Department of Agriculture's Eastern Regional Research Laboratory at Philadelphia, more varieties of the tastier apples can now be used in pies by both the commercial bakers and homemakers.

Millions of bushels of apples, fresh, canned, and frozen, are used by bakers every year. Through making use of the benefits of the research, many more apples will be demanded. In the past, many of the breeds of apples that toted the heaviest load of flavor broke down in cooking, while some of the more firm types lacked the flavor of those apples that turned soft. Many bakers chose firmness instead of flavor. Through the treatment worked out by the scientists most of the apples grown in New England, and famous for their taste but not used because they could not stand up in cooking, will now be available.

The study which made this possible showed that apple slices may be firmed by dipping, impregnating, or cooking them in a solution of calcium chloride, the con-

centration varying from 0.1 to 1.0 percent. Then the slices may be frozen, canned, or put directly into pie. The full effect of the calcium treatment does not show up until the pie is baked. The heat of baking aids the gelling action of calcium on the pectin in the apple. Tests with nine varieties of summer and early fall apples showed that the calcium-firmed slices gave pies of excellent texture in contrast to untreated slices which broke up or "cooked to sauce" in pie.

Already, as a result of the past year's research, several commercial processors are trying out calcium-firmed slices for canning and freezing. One midwestern apple processor has packed a thousand 30-pound cans of calcium-firmed McIntosh slices from fully ripe, full-flavored apples. An amendment to the Food and Drug Administration regulations will be necessary before the calcium chloride treatment can be used commercially. Some years ago the regulations were amended to permit the use of calcium chloride in canned tomatoes.

Substantial Food Deliveries to Foreign Nations Continue

A total of 2,277 million pounds of agricultural commodities and food products were delivered during February by the U. S. Department of Agriculture to foreign governments, UNRRA, and U. S. Government agencies.

Foreign governments received 773 million pounds. Included in this were a variety of commodities with grain and cereal products topping the list with 709 million pounds; dairy products came next, 29 million pounds of them; 15 million pounds of Irish potatoes; 15 million, canned fish; and 4 million, dried whole eggs. Deliveries of meat and lard totaled less than a million pounds.

The 727 million pounds which were delivered to UNRRA fall into a somewhat different order. Grain and cereal products, 704 million; cotton, 12 million; meats, 7 million; fats and oils, 4 million; and dairy products, less than a million pounds. February deliveries, in addition, included 5,379 horses and 805 mules.

Transfers to U. S. Government agencies totaled 777 million pounds, lined-up. Grain and cereal products, 701 million; cotton, 35 million; fruit and vegetable products, 24 million; dairy products, over 10 million; canned meats, 6 million; and hemp, 1 million. Deliveries of fats and oils and canned fish totaled less than a million pounds.

Special Weeks

Home Demonstration Week

The second annual National Home Demonstration Week will take place May 4 to May 11. Rural homes and communities throughout every State, Alaska, Hawaii, and Puerto Rico will take part in programs built around this year's theme, "Today's Home Builds Tomorrow's World."

In observing this week, some 3½ million rural women will plan and direct the week's events in partnership with extension workers of the 51 land-grant colleges and the Department of Agriculture.

Observance will feature special programs, teas, exhibits, and tours. In all exhibits will be concrete evidences of the progress in the application of science to home making.

Farm Safety Week

President Truman set the week of July 20, 1947 as National Farm Safety Week. In his proclamation he stated that more fatal accidents occur in agriculture than any other occupation. He pointed out that the increased modernization of farm operations makes them more complex and creates additional hazards.

The President said, "Whereas caution and intelligent effort on the part of every farm family in the land will lessen the suffering and economic loss caused by accidents, and the coordinated observance by all our people of a week dedicated to farm safety will effect an immense saving to our country." He also urged that farm people everywhere set aside a specific time during National Farm Safety Week for discussion of the best means and methods of prevention of accidents among them.

GUIDE POSTS



Big Grease Spot Getting Bigger

Forty-four million dollars for skin cream in one year should lubricate a lot of faces, one would think. That's the amount we spent on them—in creams—in 1938. But in 1945 we spent more than twice as much—91 million dollars. This does not mean that there was more than twice as much cold cream manufactured. Prices have risen steeply since prewar days, and the 20 percent excise tax on all cosmetics adds to the retail price. Sales, however, have continued to expand.

The four chief raw materials used in cold creams are white refined beeswax, mineral oil, borax, and water. Vanishing cream contains as principal ingredients stearic acid, water, an alkali, and glycerin.

Air-Conditioned Shoes

Do your "dogs" bark when the weather changes? Do you wish it was the fashion to carry along a change of footwear at all times? Then you will be a customer for an individual air-conditioner for each shoe. It consists of a washable, ventilating insole used by British and American Armies as an adjunct to the treatment of feet and skin irritations, and is now available particularly for use in industrial footwear worn by workers with athlete's foot, blisters, or other skin irritations.

The insole consists of a fine plastic meshlike material. Each step the wearer takes pumps air into the shoes, circulates it over the grid of the woven plastic, evaporates moisture from the plastic surface, and expels the moisture-laden air. This air-conditioning process is said to keep the feet warm and dry in winter, and cool and dry in summer.

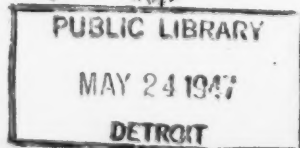
Hey, Neighbor

Always good neighbors, farm women aren't just neighbors across the fence line these days. They're neighbors around the world!

Take the 25 home demonstration club women from Franklin County, Vermont, who wanted to learn more about the workings of the United Nations. They went in a body to New York to watch that august body in its deliberations.

Then there are the Texas home demonstration and 4-H clubs which last year shipped 32,000 articles of clothing, towels and sewing materials to the Philippines, for the aid of war sufferers. Out west in Wyoming, a number of rural groups competed in trying to develop the most effective project for international understanding, while Nebraska home economics extension clubs have started collecting a \$600 scholarship for a Chinese student to study home economics at the University of Nebraska.

These and other activities showing the growing interest of farm women in world affairs will be prominently featured during the celebration of the Second Annual National Home Demonstration Week, May 4 to 11.



No Canning Coupon

When you're rejoicing about this year's larger sugar ration, you had better look ahead to canning time. Don't forget that there's no special canning coupon coming up.

Sugar-stamp eleven which became valid April 1 was good for 10 pounds of sugar—but that's all a body gets until July. So if you have ambitions for putting up some preserves, come strawberry time, you'd best not go on a sudden cake-baking splurge. To avoid this temptation, many housewives are putting five pounds of their 10-pound sugar ration buy aside for canning.

Last year the sugar ration amounted to 25 pounds per person, including 10 pounds of canning sugar. This year's ration level is expected to be higher—35 pounds or more per person, barring unpredictable disasters. However, this season's sugar will all be distributed with no "ear-marking" for canning sugar.

Self-Dusting Chair

The chemical engineering department of Iowa State College has developed a plastic chair upon which, it is claimed, dust cannot settle. This housewife's dream carries a light negative charge that repels dust. Prospective sitters need not worry, however, over whether they are AC or DC. The charge is the result of a "surface phenomenon" and not because an electrical charge has been put on it. According to the scientists, dust and cobwebs collect on furniture because of the positive charges in the furniture and the negative charges in the dust.

LISTEN TO CONSUMER TIME

Every Saturday—Coast to Coast
over N. B. C. 12:15 p. m. EST
11:15 a. m. CST
10:15 a. m. MST
9:15 a. m. PST

Dramatizations, interviews, questions and answers on consumer problems. Tune in.
Brought to you by the

U. S. DEPARTMENT OF AGRICULTURE

Consumers' guide

U. S. GOVERNMENT PRINTING OFFICE: 1947

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CULTURE

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